

NORTH
Dakota | Lake Metigoshe
Be Legendary.™ STATE PARK

WOW EVENT

FEBRUARY 18-20, 2022
LAKE METIGOSHE STATE PARK
BOTTINEAU, NORTH DAKOTA

This event is primarily for ladies over the age of 16 who wish to learn or improve skills associated with a variety of outdoor recreational activities.



REGISTRATION

opens on **December 15, 2021** at 12:00pm via Eventbrite <https://bit.ly/WinterWOW2022> and closes at 11:59pm on January 28, 2022.

REGISTER

by purchasing tickets that represent the number of desired sessions, specific activities and optional lodging and meals.

FEES

vary according to the number of sessions for which participants register, as well as the materials required for the individual activities.

PARTICIPATION

is limited due to the hands-on nature of the activities; ticket sales are limited to one per person, per activity.

EMAIL ADDRESSES

are very important as email will be utilized to obtain your confirmation and provide notifications related to activities, their meeting locations as well as other generic announcements. Check it often, including spam and junk folders.

EVENT PARTNERS

Starion
BANK

TURTLE MOUNTAIN
TRAILS ASSOCIATION

ANNIE'S HOUSE
ADAPTIVE RECREATION PROGRAM
IN PARTNERSHIP WITH ANNIE CARLSON

Val's Cyclery Inc.

Established in 1969
BOTTINEAU WINTER PARK

Marie's
ESTABLISHED 2016

SRT

State Farm

Bryan Schweitzer, Agent
Bottineau, ND 58318
Bus: 701-228-3022

NORTH
Dakota | Game and Fish
Be Legendary.™



EVENT SCHEDULE & FEES

Friday, February 18

7:00pm-9:00pm Session I

Custom Fishing Rod Building (\$220) (through session IV)
Tubing at Bottineau Winter Park (\$18)
Cabin in the Woods Escape Room (\$25)
Wander Into the Darkness (\$25)

Campfire Social (Dorms)

Saturday, February 19

7:00am-7:45am

* Breakfast (Dining Hall)

7:45am-8:00am

Travel to Assigned Activity Location

8:00am-11:30am

Session II

(Downhill skiers meet at
at the Bottineau Winter Park
(at 9:30am-

Custom Fishing Rod Building (Cont.)
Darkhouse Spearfishing (\$60)
Intro to Downhill Skiing @ BWP (\$75) (through Session IV)
Whittle Me This! (\$45)
Instant Potheads: An Intro to Instant Pots (\$40)
Wood burning (\$40)
Self-Guided XC Ski Adventure (\$18)
Self-Guided Snowshoe Adventure (\$18)

11:30pm-12:45pm

* Lunch (Dining Hall)

12:45pm-1:00pm

Travel to Assigned Activity Location

1:00pm-3:00pm

Session III

Custom Fishing Rod Building (Cont.)
Darkhouse Spearfishing (Cont.)
Intro to Downhill Skiing @ BWP (Cont.)
Spearfishing Decoys (\$55) (through Session V)
Intro to X-Country Skiing (\$30)
Sap to Syrup (\$25)
Intro to Fat Tire Biking (\$25)
Intro to Skishoeing (\$25)
Growing for the Good of All (\$25)

3:00pm-3:30pm

Break

3:30pm—5:30pm

Session IV

Custom Fishing Rod Building (Cont.)
Intro to Downhill Skiing @ BWP (Cont.)
Spearfishing Decoys (Cont.)
Winter Camping (\$50) (through Supper and Session V)
Intro to X-Country Skiing (\$30)
Sap to Syrup (\$25)
Intro to Fat Tire Biking (\$25)
Intro to Ski Shoeing (\$25)
Snowshoeing Adventure (\$25)

5:30pm-7:15pm

Supper On Your Own

7:15pm-7:30pm

Travel to Assigned Activity Location

7:30pm-9:30pm

Session V

Spearfishing Decoys (continued)
Winter Camping (Cont.)
Traps & Trapping (\$25)
Focaccia Art (\$30)
Cabin in the Woods Escape Room (\$25)
Tackle Those Winter Blues (\$30)
Get Over the Cold (\$25)

Campfire Social (Dorms)

Sunday, February 20

7:00am-7:45am

* Breakfast (Dining Hall)

7:45am-8:00am

Travel to Assigned Activity Location

8:00am-11:30am

Session VI

Darkhouse Spearfishing (\$60) (Until 3:00pm)
Advanced X-Country Skiing (\$35)
Whittle Me This! (\$45)
Wood Burning (\$40)
Survivor (\$35)
Self-Guided Snowshoe Adventure (\$18)
Self-Guided Skishoeing (\$18)

11:30am

Safe Travels Home!

**Please view meal ticket descriptions via Eventbrite to view menu and pricing.*

LOCATIONS

of activities will be announced via email after registration, prior to event. Please be sure to check email address provided during registration process for updates and announcements.

RECREATIONAL

equipment and materials are provided unless otherwise noted within individual activity descriptions.

DRESS IN LAYERS

helps to maximize your comfort level through the ability to layer up or down depending upon weather and activity.

BRING YOUR CONFIRMATION

to reference the activities for which you are registered. Lists will also be displayed in the park's dining hall should you need a reminder.

MARK YOUR CALENDARS

for the fall event which is scheduled for **September 16-18, 2022.**



Wild Outdoor Women Events

Wild Outdoor Women (WOW) events are primarily for ladies ages 16 years of age or older interested in learning or improving upon various outdoor recreational skills in a fun, safe and hands-on setting. WOW events create opportunities for participants to try out gear and equipment, learn new skills, build confidence, meet other enthusiasts and even allow participants to push comfort zones by trying a recreational activity for the first time!

Lake Metigoshe State Park hosts WOW events in February and September to highlight recreational activities in the winter and fall seasons. The first WOW event was held in February 2017 where there were 36 ladies in attendance, each having four choices in each of the three sessions affiliated with the event. The largest event was in fall 2019 where over 125 ladies were in attendance, each having the opportunity to sign up for up to six sessions where they had 10 activities to choose from for most of those sessions.

Lake Metigoshe State Park takes great pride knowing this event brought participants to the park for the first time and created opportunities for participants to try something new. We are delighted when our goals and efforts come full-circle when we see and hear from participants continuing to do something they learned here at the park, often with other participants, whether it is back here at Lake Metigoshe State Park or while enjoying other public lands, trails and shorelines. We are thrilled that participants often share WOW activities with their friends and family, continuing to connect with and make memories in the outdoors.

We continue to be appreciative of the outdoor enthusiasts as well as the local businesses, fellow state agencies and other local clubs and organizations that have partnered up with us enabling this event to grow and continue over the last several years. Several ladies now support WOW by teaching activities they learned right here at a previous event. We are as excited as they are about them sharing their passion, time, knowledge and experiences with fellow outdoor enthusiasts.

For the upcoming event, classic activities as well as a few new activities will be offered. You may notice Saturday's afternoon schedule will consist of two, two-hour sessions, rather than a longer, single session. This will allow participants to try an additional activity that afternoon, if they so choose. It also creates an opportunity to offer a few of the more physically daunting activities during daylight hours and/or for a shorter time span. There will also be rentals opportunities available through a few self-guided options for those that want to explore the park on their own.

We have been able to modify the event slightly in recent years enabling us to continue the event through a pandemic while not taking away from the main goal of getting more women outdoors. The ND Parks & Recreation Department would like to remind everyone to follow the CDC's guidelines on social distancing and personal hygiene while participating in this event to ensure the safety of participants, park staff and volunteers.

Thank you for your continued cooperation and support. We look forward to seeing both new and familiar faces at the lake in February!



Registration

Registration will open on December 15, 2022 at 12pm via <https://bit.ly/WinterWOW2022> and will close January 28, 2022 at 11:59pm. Registrations take place online only; phone registration is not an option. Participants register by opting for the REQUIRED—WOW PARTICIPANT AGREEMENT ticket (free), which obtains contact info, emergency contact info and provides required terms agreements surrounding the event upon checkout. Registrants then purchase add-on tickets that will represent the number of sessions they wish to participate in as well as desired activities and optional meals and/or lodging. Take note of the times for which activities take place as there are activities that span multiple sessions; Eventbrite will not alert you if you double-book yourself.

Upon registration, participants will receive a confirmation email generated by Eventbrite. If you do not obtain it, please contact aschimetz@nd.gov to verify your email address and/or get confirmation re-sent electronically. Print off your confirmation to reference the sessions, activities, meals and/or lodging for which you registered; lists will be posted in the park's kitchen/dining hall for reference.

We highly encourage registering upon opening to increase the chances of getting into the desired activities. Activities have been known to fill quickly, often within minutes. Waiting lists are not managed (see cancellation policy).

Although many ladies would like to come to the event with a friend or family member, we also want to provide everyone an equal opportunity; therefore, individuals will be limited to purchasing one ticket/person for all of the activities. Those that want to attend with friends or family members will need to coordinate a time to register individually, factoring in ticket availability at that time.

Registration Fees

Registration fees are determined by factoring in overall costs affiliated the event. Event costs include the use of all of the park facilities (kitchen/dining hall, dorms, lodging for instructors, auditorium), recreational equipment (skishoes, skis, snowshoes, fat bikes, etc.), catering services, additional materials purchased for specific activities, and costs to cover the staff it takes to plan, host and wrap-up the event. Ticketing platform fees are absorbed. We do our best to keep our costs lower by seeking partners and enthusiasts to teach the activities affiliated with the event.

Cancellation Policy

All sales are final-no exceptions. If you have registered, but are no longer able to attend for whatever reason, you are able to send a replacement as long as prior notification is given via email aschimetz@nd.gov and necessary liability waivers have been completed and submitted on or prior to February 4, 2022 at 5pm. Any participants that do not attend and are not able to send a replacement waive their full registration amount. Should weather forecast not be ideal, the event will go on and we'll modify as we are able. Please plan and pack appropriate gear as well as a positive attitude. If LMSP deems it necessary to cancel the event, full refunds will be provided. Refunds will be available if, for whatever reason, LMSP needs to cancel specific activities affiliated with the event.



Email Addresses

Email addresses that are provided during registration process will be very important as email will be utilized to obtain your Eventbrite confirmation as well as updates, activity locations and other information surrounding the event. Check it often and consider checking junk folders from both Eventbrite and aschimetz@nd.gov.

Activity Descriptions

To ensure that you have complete information surrounding each activity, please be sure to read all of the activity descriptions for which you are registering. This information may include special items to bring, what to wear, will indicate if the activities is indoors/outdoors and a physical activity rating.

Some activity ratings may vary as they depend upon the level you choose to do them, an individual's physical condition or the trail or activity may vary in difficulty throughout the session itself. We hope you find all of this information helpful when choosing and preparing for your activities.

Lodging & Restrooms

Those interested in staying within the Lake Metigoshe State Park dorms (\$10/night) need to purchase a ticket to represent the night(s) lodging, if desired, on or prior to 11:59pm on January 28, 2022. Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloth and personal toiletries. Beds are not assigned; simply claim a bunk upon your arrival in the appropriate dorm, depending if you are a night owl or an early riser.

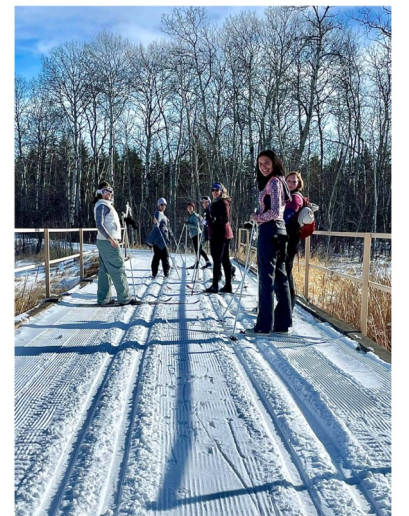
The comfort stations will be open and available for those looking for restrooms and/or showers throughout the event weekend. Comfort stations with flushing toilets, sinks and showers are located adjacent to the kitchen/dining hall and dorms and within the modern campground loops. In addition, there is a vault toilet near the Warming House on the north side of the parking lot.

Local hotel lodging is available at the lake as well as in Bottineau, ND (14 miles SW of Lake Metigoshe State Park). Visit www.bottineau.com for information on local accommodations. Metigoshe Ministries also has a variety of guest rooms available that sleep 4-7 people in each room. Visit www.metigosheministries.com for additional information.

State Park Entrance Fees

Special thanks to Starion Bank (Bottineau, ND), State Farm-Agent Bryan Schweitzer (Bottineau, ND) and Souris River Telephone (SRT) Communications for their continued support in purchasing advertising space which covers the state park entrance fees for all registered WOW participants. Entrance fees are normally \$7/vehicle/day or \$35 for an annual permit.

Those interested in purchasing an 2022 annual pass to utilize after the event can do so via <https://bit.ly/2022permits>; they will be mailed to you. The 2022 annuals are now available and are valid through April 30, 2023. Annual permits waive entrance fees into all of the ND State Parks. We are so excited as the 2022 annual permit features Lake Metigoshe State Park!



Meals

Optional add-on tickets will be available for meals for Saturday's breakfast and lunch in addition to Sunday's breakfast. Please purchase tickets for the optional meals on or prior to January 28 at 11:59pm via Eventbrite; meals will not be available for purchase at the event.

Meals will be served out of the park's dining hall located near the entrance of the park throughout the time indicated on the event schedule; please allow yourself time to eat and get to your session(s) on time.

There are no breakfast options available at the lake; breakfast option affiliated with the event includes a hot, sit-down breakfast. Please view meal ticket descriptions via Eventbrite to view menu and pricing. Those with dietary restrictions, allergies, etc. should plan to bring their own food. A refrigerator, freezer and microwave will be available for you to utilize. Anything kept in the refrigerator needs to be labeled in terms of date and contents.

All other meals are on your own. For information on where to eat in the Bottineau-Lake Metigoshe area, please visit <https://bottineau.com/eat/>.

Veteran Scholarships Available

Annie's House Adaptive Recreation Program is supporting veterans as well as the upcoming event by providing a great opportunity for women veterans that have a 10% service connected disability or greater. This is a limited opportunity so please contact Rachael.Buss@annecenter.org for complete details.

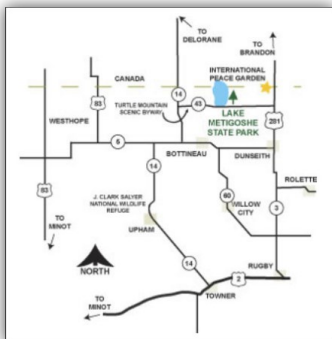
What to Bring

Please be prepared for changing weather conditions to maximize your safety, comfort and enjoyment. Reference activity descriptions and/or lodging info as it applies for additional information as to what to expect so you can plan and pack accordingly.

Consider bringing additional items to include, but not be limited to winter survival kit, hand sanitizer, quality footwear, extra clothing layers, lip balm, sunscreen, ball cap, hand/toe warmers, winter face mask, scarf, extra socks, extra gloves, sunglasses, snacks, re-fillable coffee cup, re-fillable water bottle, book and camera.

Arrival to LMSP

Please do not utilize GPS navigation systems when traveling to the park as they usually direct visitors to the wrong area of the lake. Follow a North Dakota map in addition to local road signs. Look for the flag poles and large entrance sign. There is not a check-in process; please be at your activity locations on time and ready to start.



Lake Metigoshe State Park is located 15 miles NE of Bottineau, North Dakota. The park entrance is located along the Lake Loop Road, about 3 miles off of Highway 43.



Activity Locations

Activity locations will be communicated to registered participants via email the week prior to the event. Please take a look at the information and ask any questions that you have ahead of time to ensure you know where to go when you arrive for your activities. It may be tough to find staff during the event.

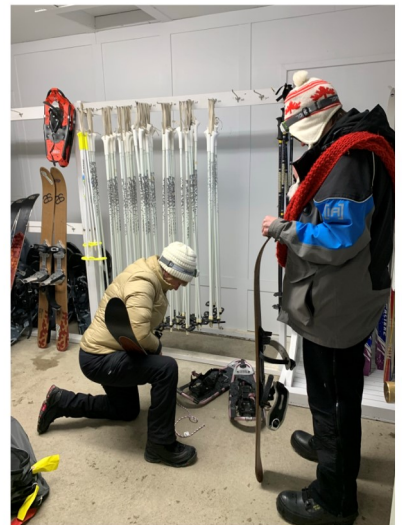
A majority of the sessions will take place within the state park boundary. A few activities will meet and take place outside of the state park, requiring a bit longer drive (up to 9 miles for one activity). Activities that take place outside of the state park indicate the location and distance within its activity description.

Should you have questions during the event, feel free to stop in at the dining hall as you will be able to reference the activity lists generated by Eventbrite. You'll also be able to access the maps, event schedule with locations listed, area information, promo items, etc.

Out of respect for staff, instructors and other participants please do your best to be at your activity locations on time; those that are late risk not catching up to the group and/or activity.

'Round the Fire

Participants are welcome to sit and relax by the fire throughout the weekend in either of the two dorms located adjacent to the dining hall and comfort station. Participants can come and go as they please to sit and warm by the fire, as often as needed. Firewood is provided in both dorms. Consider bringing a book or craft project if you have time in between sessions. This is also a great time to meet other enthusiasts and share stories and experiences from the great outdoors.



Activity Descriptions

Session I
Friday, February 18
7:00pm-9:00pm

Custom Fishing Rod Building

Instructor: Chuck DeRemer, Chuck's Custom Rods

Physical Activity Rating: Easy (Indoors)

Don't miss out on the opportunity to build your own custom fishing rod! We'll cover the basics of building a rod including proper design and construction. In addition, we'll discuss proper maintenance and simple repairs. Registration fees cover basic materials and instruction; upgrades will be available during the session for additional fee(s). Due to drying time, completed fishing rods will not be available until Sunday morning. **This activity continues through Session IV.**

Tubing at Bottineau Winter Park

Physical Activity Rating: Easy (Outdoors)

Hit the tubing hills at the Bottineau Winter Park under the Friday night lights and feel like a kid again by experiencing all the thrills of sledding without the long hike back up the hill! Grab a tube and have an absolute blast speeding down the seven tubing lanes at the Bottineau Winter Park. Participants are required to drive and/or make arrangements to meet directly at the Bottineau Winter Park, which is located approximately 9 miles west of Lake Metigoshe State Park.

Escape Room: Cabin in the Woods

Cabin's Host: Emily Mercer

Physical Activity Rating: Easy, but mentally challenging! (Indoors)

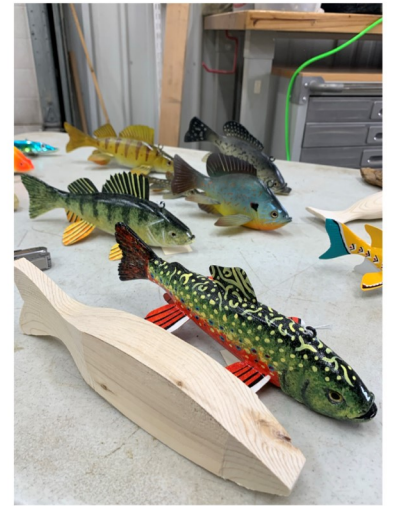
Hidden in a dark forest, there's a cabin in the woods holding secrets and mysteries. You're invited to step inside where your group will try their luck at solving a series of puzzles to escape the cabin. Will you make it out or will the cabin hold you captive? For this activity, we will meet at the warming house parking lot and travel as a group to the cabin in the woods. Once we arrive at the cabin, your host will put you into three groups; we will do our best to accommodate those that want to escape together! Should your group find themselves escaping sooner than expected, you can stay in the cabin to visit and attempt additional brain teasers.

Wander Into the Darkness

Instructor: Erika Kolbow, ND Parks & Recreation Department

Physical Activity Rating: Moderate (Outdoors)

Afraid of the dark? Want to know more about the night sky? What animals are active at night? Join us for a snowshoe hike into the dark, where we will explore the animals of the night, some of our nighttime adaptations, and tell some of the stories of the stars (weather depending). Snowshoes will be provided, but if you have your own you are welcome to bring them.



Activity Descriptions

Session II
Saturday, February 19
8:00am-11:30am

Custom Fishing Rod Building (Continued)

Darkhouse Spearfishing

Instructors: Al Burgard, Bill Demming, Cody Clemenson, Renee Aalund, Emma Kleingartner and Chris Lee
Physical Activity Rating: Easy (Indoors/Outdoor)

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at a prior event. All participants need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>. Registration is free and takes just a few minutes. Participants can either register for lunch or bring their own food/drink; those that register for lunch will either take a break and come to the park for lunch or it may be delivered on the ice. Participants may be required to drive/carpool approximately 6 miles to/on a nearby lake. **This activity continues through Session III.**

Introduction to Downhill Skiing

Instructors: Bottineau Winter Park (BWP)
Physical Activity Rating: Moderate/Arduous (Outdoors)

This day-long experience includes rental equipment, lift ticket, approximately an hour of lessons and time on the slopes. In addition, an onsite lunch (choice of chicken sandwich, burger or chicken strips with small order of fries and a drink) will be provided so no need to register for a lunch or leave the BWP to snag a bite. Please come prepared and dressed for changing weather conditions. Participants are highly encouraged to stop by the BWP on Friday, February 18 between 12pm and 9pm to get fitted for equipment so it can be set aside ahead of the Saturday crowds. Participants are responsible for their own travel from Lake Metigoshe State Park to the BWP which is about 9 miles. Please arrive at the BWP at 9:30am; 9am if you are unable to get fitted on Friday for equipment. Ski lesson starts at 10am. **This activity continues through Session IV; participants are able to ski until their 5:00pm closing time.**

Whittle Me This!

Instructor: Emily Laaveg

Physical Activity Rating: Easy (Indoors)

Plan to carve some time this weekend to learn how to whittle tools and art! We will go over some of the basics cuts used in wood carving, what types of wood to look for when carving and how to properly care for your carving knives. After learning the basics, we will get hands-on and learn how to carve some stars, and if you have additional time, possibly spoons and/or wooden faces. This is a craft you can pick up and replicate whenever you find some wood and the desire to be creative! Wood, knives and carving gloves will be provided; participants will be able to keep the gloves.

Instant Potheads:

An Intro to Instant Pots

Instructor: Colette Schimetz

Physical Activity Rating: Easy (Indoors)

Who would like to have great, homecooked meals prepared in less time and in a single pot? Whether you are intimidated by your instant pot, are looking for quick meal ideas to prepare while camping or just want to have more time outdoors-join us! We will discuss how instant pots work and how they are cleaned before rolling up our sleeves to cook with them. We'll start simple with hard boiled eggs and make a full lunch consisting corn chowder and bbq chicken sliders with rice pudding and bread pudding for dessert! There's no need to register for the event's breakfast and/or lunch because of the food provided in this session. Come hungry!

Wood Burning

Instructor: Katie Saykally

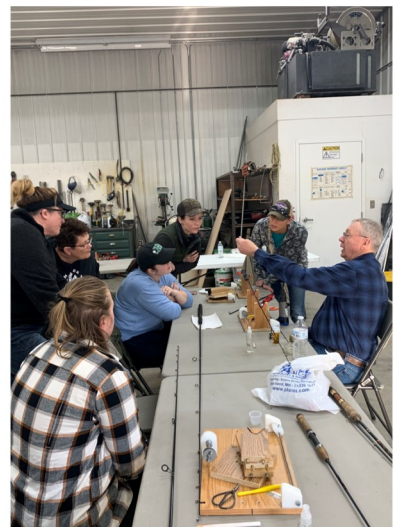
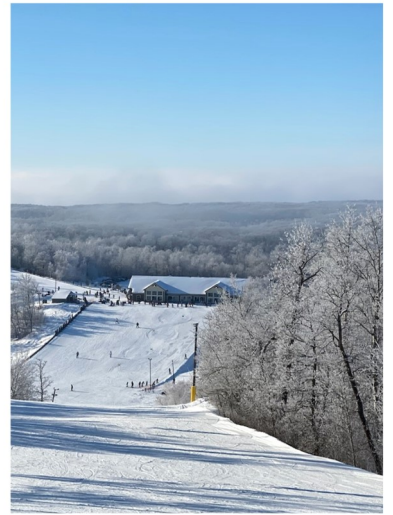
Physical Activity Rating: Easy (Indoors)

Pyrography is the art of decorating natural material with burn marks enabling you to create designs on wood, birch bark, gourds, leather or even bone using simple and readily available tools. We will learn a few basics and create our own one of a kind natural art piece.

Self-Guided X-Country Skiing or Self-Guided Snowshoeing

Physical Activity Rating: Moderate/Arduous (Outdoors)

Bring your sense of adventure and grab a map to further explore the park on your own. This is simply an equipment rental opportunity for those that are interested. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off, once off the trails. Participants are requested to return all gear at or prior to 11:30am at the warming house to ensure equipment is available for the afternoon activities.



Activity Descriptions

Session III
Saturday, February 19
1:00pm-3:00pm

Custom Fishing Rod Building (Continued)

Intro to Darkhouse Spearfishing (Continued)

Intro to Downhill Skiing (Continued)

Spearfishing Decoys: Build It, Swim It, Spear It!

Instructor: Melissa Shockman

Physical Activity Rating: Easy (Indoors)

Getting out on a frozen lake, peering over into a giant hole in the ice and seeing a Northern Pike focus in on a spearfishing decoy is a thrill that everyone should experience....BUT what if that decoy is something YOU made? Add to the excitement of your spearing adventures or learn a new craft obsession by joining in on the art of making your very own working spearfishing decoy! You will get to learn the step-by-step process of creating a working decoy, construct and design your own wooden decoy with woodworking power tools, then build and craft it into a functional spearfishing decoy and a beautiful piece of art! **This activity continues through Session V.**

Intro to X-Country Skiing

Instructors: Terri Lundberg, Emily Mercer & Lisa Kudelka

Physical Activity Rating: Moderate/Arduous (Outdoors)

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto groomed trails. We'll start out with some history and discuss equipment prior to learning tips and tricks related to staying upright as well as how to fall and get up! Please dress in layers; you will appreciate being able to layer up or down. Equipment is provided. Registered participants that have their own skis are welcome to bring their own or utilize provided equipment.

Sap to Syrup

Instructor: Chad Trautman, ND Parks & Recreation Department

Physical Activity Rating: Easy (Indoors)

Join us to learn all about how trees are tapped, sap is collected and turned into delicious syrup. We'll be discussing the history behind maple syrup, the equipment to do so and the science used to explain the process. In addition, stick around to get a taste!

Intro to Fat Tire Biking

Instructions: Val's Cyclery and Turtle Mountain Trails Association Members

Physical Activity Rating: Moderate/Arduous (Outdoors)

Bring your sense of adventure! We'll start out briefly discussing various tips, tricks and options of fat bikes as well as variables that should be considered when it comes time to potentially purchasing one. Afterwards, we'll take to the trails in the northwest portion of the park that is specifically groomed for fat biking. Dressing in layers is suggested. Fat bikes will be provided. Please bring your helmet; extra helmets will be available for those that need one.

Intro to Skishoeing

Instructor: Glee Mayer

Physical Activity Rating: Moderate/Arduous (Outdoors)

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows x-country skiers to climb uphill easier because of the skin on the bottom. Ski shoes have a free heel binding that is adjustable for any member of the family. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. It's a perfect activity for the wind swept prairies of North Dakota where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind. It is highly recommended to wear good winter footwear and to dress in layers to layer up or down throughout this guided session.

Growing for the Good of All

Instructors: Erika Kolbow, ND Parks & Recreation Department

Physical Activity Rating: Easy (Indoors)

Whether growing for food or for fun, there are many ways to help wildlife along the way. Join us in exploring the different ways and to different degrees you can help wildlife while you are growing for you. We will have handouts and take homes for this session, as well as making some designs to add to your growing space.



Activity Descriptions

Session IV
Saturday, February 19
3:30pm-5:30pm

Custom Fishing Rod Building (Continued)

Intro to Downhill Skiing (Continued)

Spearfishing Decoys: Build It, Swim It, Spear It! (Continued)

Winter Camping

Instructor: Jeremy Duckwitz

Physical Activity Rating: Easy (Outdoors)

Join us for this hands-on session where we will be setting up tents, lighting stoves and discussing various aspects of winter camping from tips and tricks to the tools needed. Pending weather and snow conditions, we may also build a quinzhee (Canadian snow shelter). Participants will be able to actually camp overnight, if you so choose. Camp will be easily accessible so you will be able to decide at the end of the session if you are feeling up to the task. Those camping overnight should plan to bring their own sleeping bag; cots will be available. Please come prepared with good winter clothing and footwear as well as your sense of adventure! **We will not break for supper with the rest of the participants, making supper will be part of the winter camping experience. This activity continues through Session V.**

Intro to X-Country Skiing

Instructors: Terri Lundberg, Emily Mercer & Lisa Kudelka

Physical Activity Rating: Moderate/Arduous (Outdoors)

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto groomed trails. We'll start out with some history and discuss equipment prior to learning tips and tricks related to staying upright as well as how to fall and get up! Please dress in layers; you will appreciate being able to layer up or down. Equipment is provided. Registered participants that have their own skis are welcome to bring their own or utilize provided equipment.

Sap to Syrup

Instructor: Chad Trautman, ND Parks & Recreation Department

Physical Activity Rating: Easy (Indoors)

Join us to learn all about how trees are tapped, sap is collected and turned into delicious syrup. We'll be discussing the history behind maple syrup the equipment to do so and the science used to explain the process. In addition, stick around to get a taste!

Intro to Fat Tire Biking

Instructions: Val's Cyclery and Turtle

Mountain Trails Association Members

Physical Activity Rating: Moderate/Arduous (Outdoors)

Bring your sense of adventure! We'll start out briefly discussing various tips, tricks and options of fat bikes as well as variables that should be considered when it comes time to potentially purchasing one. Afterwards, we'll take to the trails in the northwest portion of the park that is specifically groomed for fat biking. Dressing in layers is suggested. Fat bikes will be provided. Please bring your helmet; extra helmets will be available for those that need one.

Intro to Skishoeing

Instructor: Glee Mayer

Physical Activity Rating: Moderate/Arduous (Outdoors)

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows x-country skiers to climb uphill easier because of the skin on the bottom. Ski shoes have a free heel binding that is adjustable for any member of the family. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. It's a perfect activity for the wind swept prairies of North Dakota where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind. It is highly recommended to wear good winter footwear and to dress in layers to layer up or down throughout this guided session.

Snowshoe Adventure

Instructors: Elisha Mueller

Physical Activity Rating: Moderate (Outdoors)

Strap on a pair of snowshoes and hit the trail in this beginner class! Once we cover the basics and get everyone into a pair of snowshoes, we will hit the Kings Highway Trail. While we are out, we will talk about the history of snowshoeing, learn about tracking wildlife in the snow, see some amazing views, and make our way to the United States/Canadian border! It is very important to dress in layers, as it will be cold, but all the moving might warm you up quickly. The hike will be approximately 2 miles.



Activity Descriptions

Session V
Saturday, February 19
7:30pm-9:30pm

Spearfishing Decoys: Build It, Swim It, Spear It! (Continued)

Winter Camping (Continued)

Traps & Trapping

Instructor: Thomas Marrs

Physical Activity Rating: Easy (Indoors)

Get a glimpse of the history of trapping and learn why and how trapping is often utilized as an important game management technique. We'll discuss trap types, safety, setting traps & snares and go into a bit of fur handling and ways to use fur to make clothing and other items. If traps intimidate you, this is a great hands-on opportunity to learn the safe way to handle and set a few!

Focaccia Art

Instructors: Elisha Mueller and Emily Joynt

Physical Activity Rating: Easy (Indoors)

Join us as we make focaccia bread that not only tastes good but looks good! We will be using several different herbs and vegetables to create works of art on top of our dough before putting it into the oven. Plants, faces, landscapes... if you can think of it, we can help you bring it to life!

Escape Room:

Cabin in the Woods

Cabin's Host: Emily Mercer

Physical Activity Rating: Easy, but mentally challenging! (Indoors)

Hidden in a dark forest, there's a cabin in the woods holding secrets and mysteries. You're invited to step inside where your group will try their luck at solving a series of puzzles to escape the cabin. Will you make it out or will the cabin hold you captive? For this activity, we will meet at the warming house parking lot and travel as a group to the cabins in the woods. Once we arrive at the cabins, your host will put you into one of three groups; we will do our best to accommodate those that want to escape together. Should your group find themselves escaping sooner than expected, you can stay in the cabin to visit and/or attempt an additional escape room activity. Please bring your thinking cap and sense of adventure.

Tackle Winter Blues

Instructors: Chris & Alecia Pulver

Physical Activity Rating: Easy (Indoors)

Winter is the perfect time to get your tackle box ready for warmer weather. Learn the knots and supplies you need to create your own lindy rigs and spinners for open water walleye fishing. You will leave the class with around a dozen lindy rigs and spinners so you can target walleye at ice out!

Get Over the Cold!

Instructors: Rachel Chesley

Physical Activity Rating: Easy (Indoors)

Join us to discuss ways to get outside and play this winter! Let's talk about all of the glorious activities and challenges our North Dakota winters bring and how you can make outdoor activities become a reality this winter. We'll discuss clothing, what to do, where to go, how to be safe, tips on going solo and how to connect with other adventurous, cold-loving North Dakota women. In addition, there will be various opportunities to check out gear and gadgets along the way. Let's embrace the cold and rediscover how great winter really is!



Activity Descriptions

Session VI
Sunday, February 20
8:00am-11:30am

Darkhouse Spearfishing

Instructors: Bill Demming, Cody Clemenson, Emma Kleingartner, Chris Lee, Renee Aalund and Al Burgard

Physical Activity Rating: Easy (Indoors/Outdoor)

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at prior event. All participants need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>. Registration is free and takes just a few minutes. Participants will be expected to bring their own food/drink. Participants required to drive/carpool approximately 6 miles to/on a nearby lake. **This activity continues through 3:00pm.**

Advanced X-Country Skiing

Instructors: Emily Mercer, Lisa Kudelka and Terri Lundberg

Physical Activity Rating: Arduous (Outdoors)

Add to your basic skills by learning different x-country skiing techniques. Take some time to try those techniques as you go through a winter wonderland. This outing is for those that have experience cross-country skiing and are ready for a more advanced and longer adventure out on the trail system. Please dress in layers as you'll appreciate layering up or down. Equipment is provided, but you are welcome to bring your own!

Whittle Me This!

Instructor: Emily Laaveg

Physical Activity Rating: Easy (Indoors)

Plan to carve our some time this weekend to learn how to whittle tools and art! We will go over some of the basics cuts used in wood carving, what types of wood to look for when carving and how to properly care for your carving knives. After learning the basics, we will get hands-on and learn how to carve some stars, and if you have additional time, possibly spoons and/or wooden faces. This is a craft you can pick up and replicate whenever you find some wood and the desire to be creative! Wood, knives and carving gloves will be provided; participants will be able to keep gloves.

Wood Burning

Instructor: Katie Saykally

Physical Activity Rating: Easy (Indoors)

Pyrography is the art of decorating natural material with burn marks enabling you to create designs on wood, birch bark, gourds, leather or even bone using simple and readily available tools. We will learn a few basics and create our own one of a kind natural art piece.

Survivor

Instructor: Micaela Shell, ND Parks & Recreation Department

Physical Activity Rating: Easy (Indoor/Outdoor)

The outdoors can be an inviting and amazing place when in need of a breath of fresh air out of the office, or to spend quality time with family and friends. However, with Mother Nature things do not always go according to plan. Rain, blizzards, wind and so much more can come unexpectedly. Join us in this hands-on session for team building, supply packing and shelter building. In addition, learn to stay safe while seeking help and how to be more prepared for the unexpected.

Self-Guided Snowshoeing

Physical Activity Rating: Moderate/Arduous (Outdoors)

Bring your sense of adventure and grab a map to further explore the park on your own. Those that have their own snowshoe equipment do not need to register as this is simply an equipment rental opportunity for those that are interested. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return all gear at or prior to 11:30am at the warming house to ensure equipment is available for park visitors that afternoon.

Self-Guided Skishoeing

Physical Activity Rating: Moderate/Arduous (Outdoors)

Looking to try something new while further exploring the park on your own? Skishoeing is a combination of snowshoeing and xc skiing. Skishoes allow snowshoers to add a gliding component and allows x-country skiers to climb uphill easier because of the skin on the bottom. Skishoes have a free heel binding that is adjustable. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. Participants should wear good winter footwear as skishoes are attached to whatever footwear you are wearing. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return all gear at or prior to 11:30am at the warming house.

